

VIRGINIA DEPARTMENT OF HEALTH
DIRECTIONS FOR COLLECTION OF STOOL SAMPLE

1. Stool should be passed into a clean, dry container. Urine must not be passed into the same container. The toilet seat can be covered with foil, plastic wrap, or a newspaper.
2. Open the specimen vial carefully and use the small spoon attached to the lid to collect a small sample. The specimen vial has a red line on the label. Add only enough stool to bring the fluid level up to the line.
3. Mix the stool sample with the fluid in the specimen vial using the small spoon. Close the vial tightly and shake to mix well.
4. Wash your hands well with soap and water.
5. Print your name and the date of the sample on the vial label with a pen.

STOOL SAMPLE TO TEST FOR BLOOD HEMOCCULT CARD

Follow the diet below for TWO days before you collect a stool sample to test for blood.

FOODS TO EAT:

Well-cooked pork, poultry and fish
Any cooked fruits and vegetables
High fiber foods (for example: whole wheat bread, bran cereal, pop corn)

FOOD, DRUGS & VITAMINS TO AVOID:

Red meat (beef, lamb), luncheon meats and liver
Any raw fruits and vegetables (especially melons, radishes, turnips and horseradish)
Do not take Vitamin C tablets or drink more than two glasses of citrus juice
Do not take aspirin or Advil type products unless prescribed by your doctor.

COLLECTION OF STOOL SAMPLES

1. Stools should be passed into a clean, dry container. Urine must not be passed into the container. The toilet seat can be covered with foil, plastic wrap or a newspaper.
2. This same stool sample may be used for one ova and parasite sample and for the Hemoccult card.
3. Use one stick to collect a THIN sample.
4. Apply the sample inside Box A.
5. Collect a second thin sample from a different part of the stool with the same stick.
6. Apply the sample inside Box B.
7. Discard the stick in the trash.
8. Close the cover of the Hemoccult Card.
9. Fill in your name and the date on the front of the slide and leave the slide at room temperature to air dry.
10. Return the Hemoccult Card to TB Clinic.